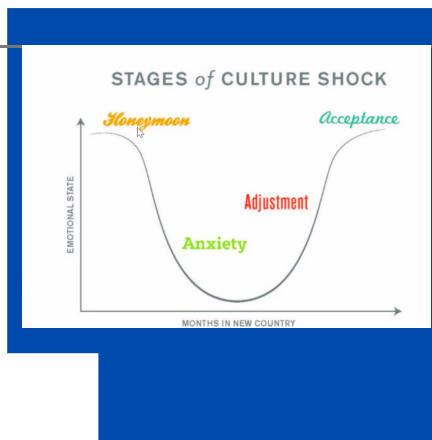


a few notes

Topic: Culture Shock



Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

Social distancing may be taking a toll on your mental health. In today's employee check-in, we discuss culture shock. There are four phases of culture shock: honeymoon, anxiety, adjustment, and acceptance. If you have made it through phase one and phase two, you are not alone. This is a unique situation that will require some adjustment which is phase three. Breathe. Be flexible and open to change.

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